



# Newsletter



UPDATE FROM  
THE PHOENIX RESIDENCE, INC.



SPRING 2022

## Close the Gap Spotlight: Michelle Tinsley

You wouldn't be able to tell by her demeanor, but Program Manager Michelle Tinsley is crushing her new position as a Program Manager of our Eric's and Suburban homes. She's calm, cool and collected, but likes to challenge herself too.

"I'm loving it. I'm liking the change and making my own schedule," said Michelle about her new position. "Making sure the residents are getting everything they need."

Michelle came to Phoenix in 2015 when she was just starting nursing school. She started as a Direct Support Professional (DSP) at Eric's House, working one-on-one with Julie. Over the years, she's worked as a House Supervisor and now a Program Manager, all while picking up shifts in many of our other homes. On top of all that, she does all this while being a mother to five children and grandmother to eleven!



"Michelle has really grown," said Dede Muimba, co-manager of Eric's House. "When she started as a DSP, she wasn't sure a supervisor role was what she wanted. But she's really shining in her role and stepping out of her comfort zone...She's been very hands-on and ready to learn from the beginning."

Her managerial position is only a small fraction of why she loves it here at Phoenix. "It's the people," said Michelle about the individuals she supports. "It's like a family member you haven't seen in a while – they're always happy to see you. It's a warm feeling."

As far as the future goes, the sky is the limit for Michelle. She sees herself staying right where she's at for the foreseeable future. **Thank you, Michelle, for all you've done for Phoenix! We are so lucky to have you!**

## Double Your Donation with a Matching Gift

**Did you know...**many companies will match your financial donation made to a nonprofit organization? Matching gift programs are charitable giving programs set up by corporations in which the company matches donations made by employees to eligible nonprofit organizations, such as The Phoenix Residence. For example, if you donate \$250 to Phoenix your employer will double the donation by also donating \$250 to the same organization. **Make sure you ask your employer about this today!**

To read more about Michelle's journey, visit [www.phoenixresidence.org/news.html](http://www.phoenixresidence.org/news.html)

## Close the Gap Update

Thank you for helping us support our DSPs!

THIS QUARTER: \$ 21,684 | TOTAL: \$694,960



Happy Spring! As we round the corner into warmer weather, we are cautiously optimistic for what the future holds. Although communities are easing their restrictions, we are standing strong and continuing to follow all recommendations from the Center of Disease Control (CDC) and the Minnesota Department of Health (MDH).

Over the past few months, we've facilitated weekly testing clinics at our main office to make sure the staff working in our homes are as safe as possible. Staff are coordinating safe outings to get our folks out into the community as the weather gets nicer, and we started planning for our spring fundraisers! But none of this would be possible without the extraordinary team of our Program Managers, one of whom we highlight in this edition. To all our Program Managers: THANK YOU for everything you do!

Jackie Larson  
Public Relations & Development Coordinator  
The Phoenix Residence, Inc.

## Embarking on a Healthy Living Challenge

It's a goal so many of us have – it might even be one of yours – but it can be a hard one to maintain. Getting healthy! But our Ludden House is putting a unique twist to it and are making it fun!

Providing individualized person-centered care for everyone was the main motivator for this challenge. "Bill has a dream to go on a cruise, and he is planning to travel in December to visit his sister in Phoenix," said Assistant Program Director Shawna Zechmeister. "Kathy continues to stand and bear weight, which is important to her. Jon's letterman's jacket is important to him, and he wants to be able to wear it. All of these are reasons why we are doing it."

With the help of managers Lisa Meneses and Shawna Zechmeister, dietician Lisa Brown, the nursing team, and the family members, the team is off to a great start! Here's what the challenge entails:

- Creating a healthy snack list
- Purchasing a Culligan water machine
- Setting up a fruit & vegetable station to flavor their water
- Engaging in a fruit & water challenge
- Growing their own fruits & vegetables in the garden
- Switching to healthy snacks instead of fast food

The individuals embraced the challenge! Take Bill for example, he has already lost 10 pounds and he is beaming with joy! "I am so glad to be losing some weight," said Bill Larson. "Even if I get discouraged, the staff at Ludden encourage me to keep going...I love Ludden and this healthy living and challenges we have here!"



**Thank you to the Ludden team and everyone who is helping make this happen!**

To learn more about our campaign or make a donation, please visit [www.phoenixresidence.org/give.html](http://www.phoenixresidence.org/give.html)